

# Healthcare Pathways



State of California



Created for Students by Students

## John Muir Health: Healthcare...is it in your DNA?

That's a question that John Muir Health is asking many students. By recognizing there is a great need to grow the next generation of healthcare professionals, John Muir Health employees, who understand the need to give back, volunteer their time by providing student outreach and mentorship through a variety of career exploration and preparatory opportunities. From summer youth internships to hosting an industry-based California Health Occupations Students of America (Cal-HOSA) Chapter, John Muir Health ensures there is something for everyone.

### John Muir Cal-HOSA

John Muir Health's Cal-HOSA Chapter is teaching professional behavior and leadership skills and offering healthcare career exploration opportunities. Cal-HOSA meetings are held weekly for approximately 70 high school and college student participants and often include guest speakers, facility tours, and mock competitions to prepare members for upcoming events.

### Summer Youth Internships

Each summer, John Muir Health seeks to fill 40 paid internship positions. Available to high school juniors and seniors who are at least 16 years old as well as first year college students, these 8-12 week long internships offer real world job experience in a department of interest as well as a weekly class that covers everything from professional behavior to exploring health careers. High school students also receive credit toward graduating. The application process starts in late February of each year and includes an application and interview.

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John Muir Health Students in Action

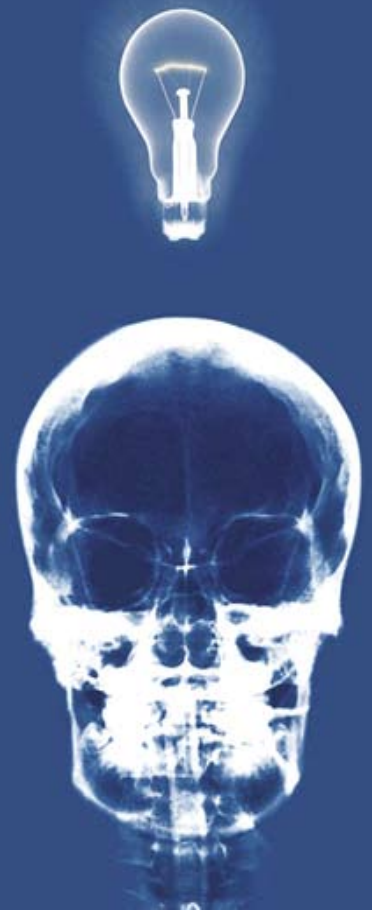
## Job Shadowing

Many job shadowing opportunities are available for high school and college students who are interested in exploring a career in healthcare. Job shadowing gives students an up close look at a career path of their interest for up to 4 hours.

For more information about the opportunities available to students at John Muir Health, you can contact [jan.hunter@johnmuirhealth.com](mailto:jan.hunter@johnmuirhealth.com) or visit: [http://www.johnmuirhealth.com/index.php/careers9\\_1i.html](http://www.johnmuirhealth.com/index.php/careers9_1i.html)

## Volunteering

Volunteer opportunities are also available to students and offer a great way to learn more about the various departments and career paths in the healthcare industry. For more information about volunteer opportunities, contact: [roxanne.foster@johnmuirhealth.com](mailto:roxanne.foster@johnmuirhealth.com)



## Get to Know...California's Health Occupations Students of America

California's Health Occupations Students of America (Cal-HOSA) prepares students for careers in the healthcare profession. Cal-HOSA gives students in secondary and post-secondary programs an opportunity to develop personal, leadership, and career skills needed by healthcare providers.

**"Cal-HOSA is cool to me because of all the wonderful people I get to meet. I get to surround myself with other students who are health career oriented, compassionate, and sincere. I also find myself surrounded by other students who wish to make a difference."**

-Crissy Lee Burrough  
Cal-HOSA Member



## Competitive Edge

Cal-HOSA's competitive events programs bring health careers to life. Members compete as individuals or as part of a team in a variety of events such as CPR/First Aid skills, public speaking, medical photography, creative problem solving, debates, and raising community awareness.

Cal-HOSA is a student organization that is endorsed by the U.S. and California Departments of Education and the Association for Career and Technical Education. Cal-HOSA chapters are mostly school-based. Recently Cal-HOSA has added two industry based chapters, John Muir Health (northern California) and Cedar-Sinai Medical Center (southern California).

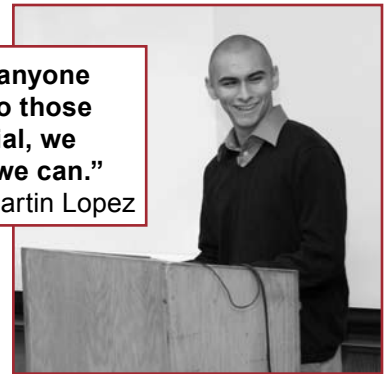
For information on how to bring Cal-HOSA to your school or industry-based organization, contact [headquarters@cal-hosa.org](mailto:headquarters@cal-hosa.org) or visit [www.cal-hosa.org](http://www.cal-hosa.org).

# Stanford Medical Youth Science Program

## Potential into Purpose

When students from low-income and underrepresented backgrounds are immersed in the world of medicine and higher education, college becomes a reality...

**"To this day we have not let anyone tell us, "No you can't," and to those with doubt about our potential, we have responded back, "Yes we can."**  
- Martin Lopez



Designed to increase the representation of low-income and underrepresented minorities in the science and health professions while addressing equity in K-12 education, the Stanford Medical Youth Science Program (SMYSP) offers a five-week Summer Residential Program filled with intensive biomedical science lectures, anatomy labs and lectures, hospital internships and, academic and college admissions preparation for 24 high school students each summer.



Ten Stanford undergraduate students, who often share similar socioeconomic and ethnic backgrounds with the high school students, enhance the overall experience, serving as counselors and mentors. Hands-on and informal instruction is given by Stanford medical and other faculty, staff, and medical students. During the five-week program, students also conduct scientific research projects and at the conclusion of the program they present their research findings via scientific posters and oral presentations to more than 200 family and faculty members at the annual graduation ceremony.

The experience doesn't stop there. SMYSP alumni continue to receive guidance and support from SMYSP staff, Stanford faculty, staff, and students as well as other professionals long after their summer experience. SMYSP alumni also become apart of the Alumni Association.

To date, SMYSP has trained 476 low-income students of whom 99% have enrolled in college, 82% have completed a 4-year college degree, and of these students, 48% have gone on to post-graduate training.

## Who Can Apply?

Applications are made available on the Internet in early winter of each year. Students from any ethnic background and who meet the following criteria are eligible to apply:

- Currently a Sophomore or Junior attending high school in northern or central California.
- From a family of low-income and/or a family with little or no history of attending college.
- Have completed science and math classes in high school, with at least some Bs in these classes.
- Have an interest in science, medicine, and health, and have demonstrated intelligence, maturity and initiative.

Priority is given to students who are the first in their families to attend college, lack role models, have shown resiliency in the face of personal hardship, and are from underresourced schools and communities (i.e., rural and inner-city schools).

For more information about SMYSP, visit:  
<http://smysp.stanford.edu>

You may also want to visit:  
<http://smysp.stanford.edu/family/toolbox.html>



**"Our kids have so much going on in their lives. Many of them are working to support their families...we have students from impoverished families, students who have lost a parent, or students in foster homes. Their resiliency is astounding."**

- Dr. Judith Ned, Executive Director  
Stanford Medical Youth Science Program



# We Are All Human: Questions and Answers with Salvador D. Treviño, Ph.D.

**Q: What is your educational background?**

A: I graduated from Abraham Lincoln High School in Northeast Los Angeles, received my BA from the University of California, Santa Barbara, and received my MA and PhD from Pacifica Graduate Institute in Santa Barbara.

**Q: What is your current profession?**

A: I am a licensed Marriage and Family Therapist and am currently a Clinical Psychology Intern for Santa Barbara County Department of Alcohol, Drugs, and Mental Health Services.

**Q: What inspired you to become a healthcare professional?**

A: I am the first generation to be college-educated in my family. When I was conferred with the Doctor of Philosophy in Clinical Psychology, my sister reminded me, "Don't forget where you come from and how many people helped you to achieve this degree."

My parents, who did not finish elementary school, inspired me with their intelligence, courage, and determination to make a better life for us in the United States. They never obstructed my interests and imagination as I pursued a career in community psychology. They continue to be the most influential teachers of my life.

I also had support from several teachers along the way. My high school teachers knew I was interested in psychology. They spent time listening to my ideas, engaged my thoughts and never tried to redirect me from my interests. They supported me and helped me complete college applications. One teacher, Michael Gordon, showed me the value of community work. In college and graduate school, I was inspired by seeing and listening to very gifted Latino scholars and psychologists, I thought, "If they can do it, so can I."

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**- Salvador D. Treviño, Ph.D.**



**Salvador D. Treviño, Ph.D.**

I had two very important mentors in graduate school, Clinical Psychologist Richard Solomon and Psychoanalyst Avedis Panajian. These two raised the professional bar by demanding from me competency and commitment while showing me how to meet the high standards of professional psychology. Most importantly, they taught me that we are all human and to value what failure can teach.

**Q: How were you able to pay for school?**

A: I paid for college with student loans, grants, and full-time work. Working and going to school full-time, while raising a family, was very difficult. But my parents' values helped me to endure. My high school teachers and college professors helped

me with admissions and scholarship applications. Some teachers were very knowledgeable about what funds were available for minority students. They introduced me to professional organizations like the American Association for Marriage and Family Therapy (AAMFT) and the American Psychological Association (APA). It was through the AAMFT that I learned about the Health Professions Education Foundation (HPEF).

[continued on the next page...](#)

HPEF has helped to relieve some of the financial burden of paying for my education while allowing me to serve and meet the needs of low income patients.

**Q:** What advice would you give others who are considering a career in healthcare?

**A:** Try to learn from as many experts in your chosen field as possible. My career in community/clinical psychology is a life-long process, requiring discipline, commitment, and a genuine interest in people.

It can be very difficult at times, especially when discouragement begins to knock at the door. That is when mentors are your biggest help.

Get involved in student organizations that promote cultural diversity, social responsibility, and community work in a healthcare field. If the ideal organization is not readily available, approach a faculty member who may be willing to assist you in forming one. Volunteering at a community clinic is a great way to get a jump start on your healthcare career.

If healthcare is where you find personal and professional meaning, then follow your dreams and don't let anything discourage you. Never forget that we are all human and never forget to be human.

**Q:** What do you know now that you wish you had known back in high school/college?

**A:** Throughout my education, I struggled, believing that I would not be able to make it. My classmates always seemed to have an easier time comprehending the complex material, reading, writing, and articulating ideas. Standing up in front of the class for presentations was an absolutely horrible thought. I was filled with self-doubt at times, and wondering "How could I ever write these papers?" By reaching out to my teachers and my fellow classmates, I began to gain the confidence I needed to complete my studies. Looking back, I'd say that focusing on your final goal is essential to your success. The world won't come to an end if you are not perfect or make a mistake. We are all human and make mistakes, and I have learned much from mine.

*Get to know...*

## Health Professions Education Foundation

HPEF Programs, like the **Licensed Mental Health Service Provider Education Program**, increase the number of providers available to practice in areas of need.

Qualified applicants may receive up to **\$15,000** in educational loan repayments over a two year period in exchange for providing direct patient care.

For applications, guidelines, or funding information about available programs, visit:

[www.healthprofessions.ca.gov](http://www.healthprofessions.ca.gov)

**Or contact by phone:**  
**(800) 773-1669 or (916) 326-3640**

**Application Postmark Deadlines:**

**Spring - March 24**

**Fall - September 11**



**HEALTH PROFESSIONS  
EDUCATION FOUNDATION**

*Giving Golden Opportunities*

## How to Pay for . . .

College can be expensive! The dent in our checking and/or savings accounts can be felt each fall, spring and sometimes summer. Chances are even if you have some financial support to help cover the cost of paying for school, you could always use some extra aid. Find out how easy it is to tap into these financial aid resources to help pay for nursing school.



### Nursing School Grants

Grants are a smart way to finance your education; it's free money you don't have to pay back! Securing a grant can help you save hundreds or even thousands of dollars. Sure it takes time and energy to apply, but the payoff is well worth the effort. Often, schools automatically consider you for grants when you complete a Federal Application for Student Financial Aid and apply to school.

For more information, visit these financial aid resources:

- Federal student aid grant information:  
<http://www.fsa4counselors.ed.gov/clcf/grants.html>
- FAFSA application and information:  
<http://www.fafsa.ed.gov>

### Nursing School Scholarships

While scholarships are an excellent way to help finance your education, they can be very competitive. The good news is there are plenty available and don't need to be paid back. Searching online is perhaps the easiest and most effective way to find scholarships that are right for you.

For more information, visit this nursing scholarship resource:

- American Association of Colleges of Nursing (AACN) financial aid resources:  
<http://www.aacn.nche.edu/Education/financialaid.htm#aacnresources>

### Nursing School Loan Forgiveness Programs

Loan forgiveness programs, also referred to as loan repayment programs, help students pay back their nursing college loans and get out of financial debt. Students gain valuable experience in a hospital setting, get paid for working and are reimbursed for their nursing school education.

There are many loan forgiveness programs available in response to the growing nursing shortage throughout the U.S. Typically, one year of student loans is forgiven for each year the nurse serves in the area of need.

For more information, visit these loan forgiveness resources:

- Health Resources and Services Administration (HRSA) loan repayment program:  
<http://bhpr.hrsa.gov/nursing/loanrepay.htm>
- Health Professions Education Foundation scholarships and loan repayment programs:  
<http://www.oshpd.ca.gov/HPEF/Schlrshp.html>
- Financial aid student guide to loan forgiveness:  
<http://www.finaid.org/loans/forgiveness.phtml>
- Federal student loan forgiveness:  
<http://www.staffordloan.com/repayment/federal-student-loan-forgiveness.php>

For more information about nursing school and how to pay for it, please visit:  
<http://www.allnursingschools.com/faqs/finance-nursing-school.php>

## Student Tip: Volunteer to Boost Your Resume!

Regardless of your age or experience level, you can get a jump start on building your resume through volunteerism. Did you know that many healthcare related volunteer opportunities are available to students? Whether you are a high school student who is just starting out or a graduate student who is looking to add new skills and experience to your resume, volunteerism can help you reach your career goals.

### Advantages of volunteering:

- Gives you an opportunity to try something new, often without requiring prior experience.
- Helps you gain valuable experience in your area of study/ career interest.
- Allows you to be flexible with your time and can often be less time consuming than a part time job.

### Getting the most out of your volunteer experience:

- Treat volunteer opportunities like a “real” job. Show up on time, do your work to the best of your ability, and provide two weeks advance notice in your letter of resignation.
- Ask for a letter of reference when you leave.

**“Success is the sum of small efforts, repeated day in and day out.”**  
**-Robert Collier**

### Be smart about volunteering:

- Be mindful to not overcommit your schedule. Think of volunteer work as an add-on extra curricular activity that can be included when time permits.
- Look for opportunities that will help you build your resume and meet admissions criteria, diversify your skill set and experience, allow you to network within your field of interest, and ultimately reach your career goals.

### Be prepared:

- Some organizations may want a copy of your resume and ask you for an interview.
- Approach all volunteer opportunities like a professional job search.

### Putting volunteer experience to work on your resume:

Volunteer experience can be just as impressive as work experience on your resume. In some cases, your volunteer experience might give you the winning edge over your competitors.

When adding volunteer experience to your resume, consider:

- Is your work or volunteer experience more relevant to the current job you are seeking? Your most relevant experience should come first.
- Don't minimize your volunteer experience. If you've done something relevant, make sure to include it on your resume.

**California Volunteers** seeks to increase the number of Californians engaged in service and volunteerism. They offer Web site tools like a searchable database of volunteer opportunities which allows you to search by area of interest, ZIP code, county, keyword or advanced search options. They also provide a list of local volunteer agencies that assist volunteers and nonprofit organizations find one another. If your county is not listed, you can contact **California Volunteers** directly for assistance, at: [reception@CaliforniaVolunteers.ca.gov](mailto:reception@CaliforniaVolunteers.ca.gov)

For more information about volunteer opportunities in California, visit:  
[www.californiavolunteers.org](http://www.californiavolunteers.org)



**Health Jobs Start Here**, funded by a grant from The California Wellness Foundation, is a new Web site that provides PERSONALIZED information about health jobs and training programs across California. The site introduces users to various health jobs and makes recommendations based on your preferences for training, salary, work environments and other factors.

You may be surprised at just how many job options there are in healthcare. Are you interested in an exciting, fast-paced Emergency Medical Technician (EMT) job or maybe a less intense 9-to-5 job like a medical records worker? Either way, there is a job for you in California and **Health Jobs Start Here** can help you find it!

Based on your ZIP Code, **Health Jobs Start Here** will connect you with training programs and current job listings that are close to home. Additional resources, such as interview tips and financial aid information are also available. Find the job that's right for you at: [www.healthjobsstarthere.com](http://www.healthjobsstarthere.com)

Or invite **Health Jobs Start Here** to visit a classroom or career fair in your community by sending an e-mail to: [info@healthjobsstarthere.com](mailto:info@healthjobsstarthere.com)



***"Being a medical assistant has been a great way to prepare myself for nursing and show nursing schools that I have a solid background in the field."***

-Nicole is a 26-year-old medical assistant who lives in Santa Barbara, CA

HEALTH JOBS  
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#### Healthcare Pathways

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